

## Put Prevention Into Practice *Texas Style*

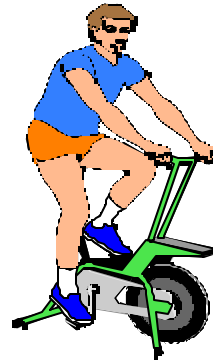
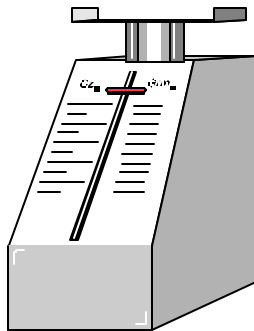
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\_\_\_\_\_  
(Clinician)



“Weight”

- A healthy weight for you is about \_\_\_\_\_ .
- Being overweight can lead to heart disease, diabetes and other serious health problems.
- The best way to maintain a healthy weight or to lose weight if you are overweight is to limit fat and calories in your diet. Fat calories should be no more than 30% of your daily calories.
- Get at least thirty minutes of exercise most days of the week.
- Keep the weight off. You must maintain the weight loss to benefit from it.

## HEALTHY WEIGHT RANGES FOR ADULT MEN AND WOMEN

<u>Height*</u>	<u>Weight**</u>
4'10" (58")	91-119 lbs.
4'11" (59")	94-124 lbs.
5' 0" (60")	97-128 lbs.
5'1" (61")	101-132 lbs.
5'2" (62")	104-137 lbs.
5'3" (63")	107-141 lbs.
5'4" (64")	111-146 lbs.
5'5" (65")	114-150 lbs.
5'6" (66")	118-155 lbs.
5'7" (67")	121-160 lbs.
5'8" (68")	125-164 lbs.
5'9" (69")	129-169 lbs.
5'10" (70")	132-174 lbs.
5'11" (71")	136-179 lbs.
6' 0" (72")	140-184 lbs.
6'1" (73")	144-189 lbs.
6'2" (74")	148-195 lbs.
6'3" (75")	152-200 lbs.
6'4" (76")	156-205 lbs.

\* Without Shoes

\*\* From the US Departments of Agriculture and Health and Human Services, 1995, and based on an extensive review of the literature pertaining to weight-related risk of morbidity and mortality over a range of BMI values.

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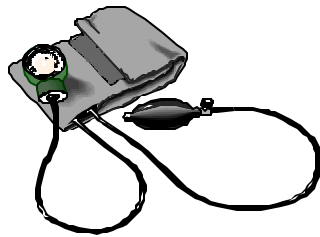
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(Clinician)



### “Blood Pressure”

- Your blood pressure should be lower than \_\_\_\_\_/\_\_\_\_\_.
- Losing as little as five to ten pounds can lower your blood pressure.
- 30 minutes of brisk walking on most days can help lower your blood pressure.
- Eat less salt. Taste your food before you add salt. Eat fewer fast foods and salty snacks.
- Eat a variety of foods every day to get enough potassium, calcium and magnesium.
- If you drink alcohol, do not drink more than two drinks of beer, wine or liquor a day if you are a man, or more than one drink a day if you are a woman.

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(Clinician)

“Smoking”



- Smoking tobacco increases the risk of heart disease. If you smoke, plan to quit.
- Cigarettes hurt your lungs and your heart and also cause cancer.
- Cigarettes stain your teeth, cause wrinkles, and make your breath and hair stink!
- Children who live with smokers have more ear infections, asthma and pneumonia.
- If you smoke, ask yourself when you would like to quit. When you are ready:
  - T Make a plan to quit and set a date to quit. Ask your doctor/clinic for help.
  - T Tell your friends and family that you are going to quit. Get rid of your cigarettes and ashtrays. If you fail the first time, don't give up. Try again!
  - T There are new medicines that can make it easier to quit smoking.

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(Clinician)



“Diabetes”



- You can have diabetes and not know it. The best way to find out if you have diabetes is to have a blood test.
- You can prevent the complications of diabetes by having a healthy lifestyle.
  - Be physically active (at least 30 minutes of moderate activity) every day of the week.
  - Eat a healthy diet. Eat fruits, vegetables and whole grains every day.
  - Choose foods that have less than 30% of calories from fat. Check that label!
  - Maintain a normal weight for life.

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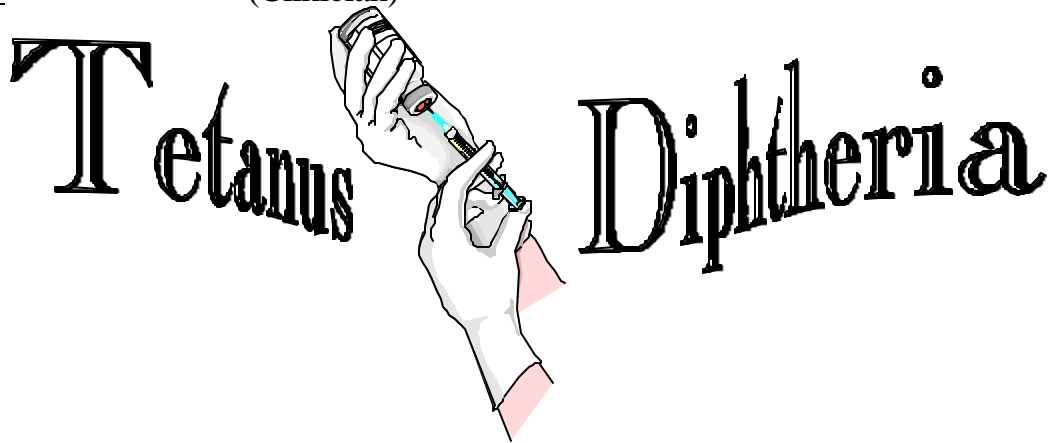
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(Clinician)



- Tetanus (“lockjaw”) is a serious disease that kills 1 in 4 people who contract it.
- Diphtheria is a serious disease that kills 1 in 10 people who catch it.
- Both tetanus and diphtheria can be easily prevented by one injection every 10 years.
- Keep a record of your immunizations and remind your doctor or clinic when you are due for your next booster.
- Your next Td booster will be due in \_\_\_\_\_.

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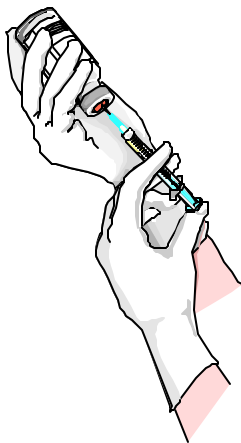
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(Clinician)



## Influenza

- Influenza (the “flu”) can be given to other people easily.
- It is spread through the air by coughing and sneezing and on the hands.
- The “flu” is the leading cause of death for the elderly and people with chronic diseases such as diabetes and emphysema.
- It can be prevented with a shot, but it must be taken every year.
- It takes the flu shot 1-2 weeks to become effective, so you should get it early in the flu season.

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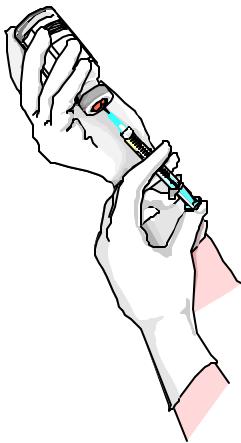
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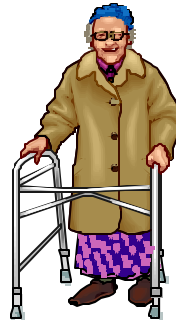
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(Clinician)



# Pneumonia



- Pneumonia is a serious disease that can kill elderly or chronically ill people.
- You can develop pneumonia in as little as three days after exposure to the bacteria.
- One immunization provides life-long protection for most people. If you are at the highest risk, your doctor may recommend repeating the immunization after five years.



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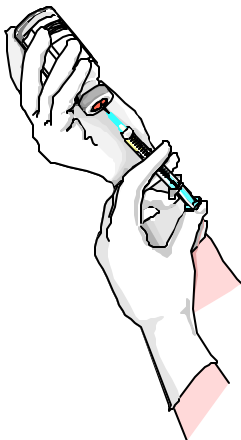
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(Clinician)



# Rubella



- Rubella (“German measles”) is caused by a virus. If a women has rubella during a pregnancy, it can cause miscarriage, stillbirth or severe birth defects.
- Rubella can be prevented with a vaccination (shot).
- A blood test will show if you need to get the vaccination.
- Do not get the vaccination if you are pregnant. Do not get pregnant for three months after you receive the vaccination.
- If you are already pregnant and need the vaccination, get it after your baby is born.

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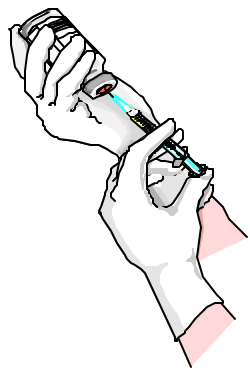
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(Clinician)



# Hepatitis B

- Hepatitis B is a serious disease of the liver. It is spread through contact with the blood or body fluids of someone who has Hepatitis B, usually through sex or sharing needles.
- If you are a health care worker, protect yourself on the job by wearing gloves, face or eye shields, and a gown every time you expect to come in contact with any blood or body fluids.
- If you think you may be at risk, talk to your doctor about getting vaccinated.
- If you are at risk and decide not to be immunized, decrease your risks by:
  - Using a condom with spermicide every time you have any kind of sex.
  - Never sharing needles.

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(Clinician)



## Colon & Rectal Cancer

- Cancer of the colon and rectum is the third leading cause of cancer deaths in the United States. Cancer of the colon and rectum can be cured with surgery if it is found early.
- Studies have shown that high fat, low fiber diets may increase the rate of this cancer.
- You may be able to reduce your risk of developing cancer of the colon or rectum if you:
  - Eat less fat (no more than 30% of your calories should come from fat)
  - Eat less red meat and more fiber (fruits, vegetables, cereal, and beans)
  - Get at least thirty minutes of physical activity most days of the week

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# Mammogram



- Your next mammogram is due: \_\_\_\_\_
- Mammograms (breast x-ray) can find a problem in your breast while it is still too small for you, your doctor or your nurse to feel.
- If found early, breast cancer can be cured.
- Get a mammogram every one to two years if you are over fifty years old. If you have other risks, you may need the test earlier or more often. Talk to your doctor if you, your mother or your sister have had breast cancer, or if it has been more than one year since you had your breasts checked by a doctor or nurse.

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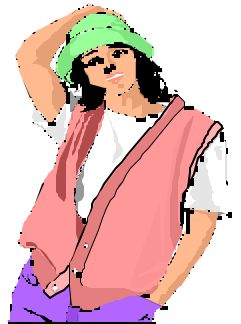
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(Clinician)

# Pap smear



- Your next Pap test is due: \_\_\_\_\_
- A Pap smear is a test for cancer of the cervix (opening of the uterus). The Pap smear can find changes in the cells of your cervix **BEFORE** they become cancerous.
- Your risk of having an abnormal Pap smear (and cervical cancer) is higher if :
- you started having sex before you were 18 years old, you have had more than one sex partner, you have had genital warts or HPV (another sexually transmitted disease), or you smoke cigarettes.
- If your Pap smear results are abnormal, you may need to have the test done again in a few months or you may need other tests or treatment, usually done in a doctor's office.
- The cause of an abnormal Pap test can usually be easily treated in a doctor's office.

## *Prostate Cancer*

Prostate cancer is the most common cancer among American men. Men who are 50 or older, African-American, or who have a brother or father with prostate cancer are more likely to get prostate cancer.

- In some men, prostate cancer grows very slowly and in other men it spreads quickly.
- If you are at risk, talk with your doctor about the risks and benefits of screening.

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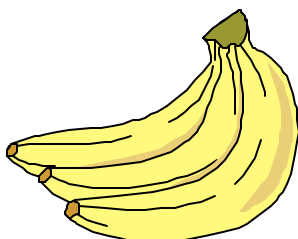
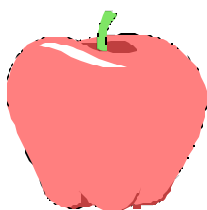
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(Clinician)



“Cholesterol”



- Get your cholesterol checked at least every 5 years; more often if your last test was abnormal. Your next cholesterol test is due: \_\_\_\_\_.
- Make changes in your life style to help lower your cholesterol. Things you can do:
  - Lose weight if you are overweight. Eating fewer high-fat foods will help.
  - Read food labels. Choose foods that have less than 30% of their calories from fat and 10% from saturated fats.
  - Eat more foods with fiber such as fruits, vegetables and whole grains.
  - Get thirty minutes or more of exercise most days of the week.

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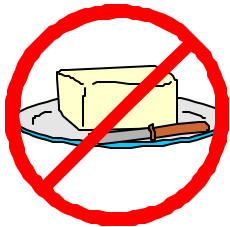
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### **Tips for Anyone Who Wants a Healthy Heart**

- Eat more foods high in fiber, such as fresh fruits, vegetables and whole grains.
- Eat fewer foods high in total fat, saturated fats, and cholesterol.
- Lose weight if you are overweight.
- Be more active. You will feel better and exercise helps you stay at a healthy weight.
- Ask your doctor or clinic for diet, exercise and weight loss tips.



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(Clinician)



### “Nutrition”

- Eat a variety of foods. Eat several servings of grain products, and **at least 5 servings of fruits and vegetables in your diet every day.**
- Eat foods that are lower in fats. Choose food that have less than 30% of their calories from fat, and less than 10% from saturated fat. Limit cholesterol to no more than 300 mg. per day. Learn to read food labels to choose lower fat foods.
- Eat fewer foods that are high in sugars and salt.
- If you drink alcohol, do not drink more than 2 drinks a day if you are a man or more than one drink a day if you are a woman.

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### “Oral Health & Hygiene”



- See a dentist regularly. Brush and floss twice a day.
- Toothpaste with fluoride can help prevent cavities.
- Eat fewer sweets, especially between meals if you cannot brush after eating.
- Protect your lips and skin from excessive sun exposure.
- Do not smoke cigarettes, pipes or cigars, or use smokeless tobacco.
- If you use tobacco or drink alcohol you should have your mouth checked for cancer regularly. You should check your mouth regularly and see your doctor or clinic if you have any lumps, pain, bleeding or white or red patches anywhere in your mouth or under your tongue.

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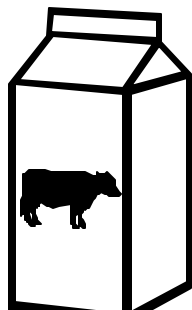
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“Osteoporosis”



- Osteoporosis is thinning of the bones and can lead to broken bones. Both men and women can develop osteoporosis, but women are at greater risk.
- You can reduce your risk for osteoporosis if you:
  - Get enough calcium in your diet. Women who have had menopause should get 1500mg of calcium and 400 I.U. of Vitamin D every day.
  - Do regular weight-bearing exercise such as walking and dancing.
  - Hormone replacement (HRT) after menopause can protect your bones from osteoporosis, ease the symptoms of menopause and may help protect you from heart disease, but it may have other risks. Talk to your doctor.

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## Tuberculosis "TB"

- Tuberculosis (TB) is a serious disease that spreads through the air when people with TB breathe, cough, sneeze, sing or talk.
- People who have close contact with someone with TB are most likely to be infected. Close contact is living with or being indoors a lot with someone who has TB.
- People with active TB disease may have symptoms such as weight loss, a chronic cough, night-sweats and weakness.
- A TB skin test is given to find out if a person has been infected with TB. The results are read in 48-72 hours after the test is given. If it is positive, a chest X-ray is needed to see if the person has the TB disease.

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# HIV & STD's

**USE  
condoms**



**SAFE  
sex**

You can protect yourself from HIV infection and other sexually transmitted diseases. The only way that is 100% sure is to not have sex, but if you have sex:

- Do not have more than one sexual partner.
- If your partner has other sexual partners, he or she can infect you. Use a condom with a spermicide every time you have sex.
- Do not share any kind of needles. Sharing needles can spread HIV, hepatitis and other serious infections. Do not have sex with anyone who shares needles.
- HIV and STD can be spread by oral, vaginal or rectal sex. Use a condom with spermicide with every kind of sexual intercourse.

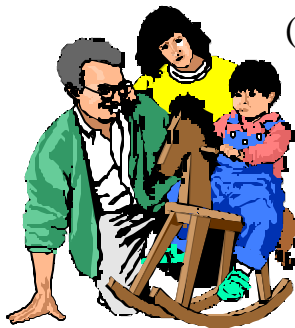
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# Family Planning

- If you are having sex and are not using a birth control method every time you have sex, you can become a parent.
- There are different types of birth control and they work in different ways.
  - < Some methods provide constant protection as long as they are used, such as birth control pills, birth control injections and implants, and the intrauterine device (IUD). If a woman stops using these methods, misses pills, or is late getting an injection, she can become pregnant.
  - < Other methods (the condom, diaphragm, foam) are used only when a couple wants to have sex and must be used every time or a pregnancy could occur.

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“Alcohol and Drugs”

- Alcohol can hurt you if you drink too much and can cause problems at work and at home.
- Alcohol can make other health problems, such as high blood pressure, worse.
- If you are pregnant, do not drink alcohol. Alcohol can cause birth defects. No amount of alcohol is safe during pregnancy.
- If you drink, you should drink only in moderation. That means no more than two drinks a day for men and no more than one drink a day for women.
- Do not drink alcohol and drive or ride with anyone who does.
- Street drugs are dangerous and illegal. Avoid them.
- If your use of drugs or alcohol is causing problems for you or for those close to you, ask for help.

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- Use the seatbelt every time you drive or ride in a motor vehicle. Seatbelts save lives.
- Do not drink alcohol and drive or ride in a vehicle if the driver has been drinking alcohol. Drinking also does not mix with swimming, firearms or machinery.
- Wear safety helmets when riding on a bicycle or motorcycle.
- Put smoke detectors in your house. Make sure they have a working battery.
- Keep children safe from dangers in the home. Keep all firearms, medications, household chemicals and cleaners, and poisons stored where children cannot get to them.
- Many women, children, and some men are hit, threatened, or injured by their partners or a family member. If you or someone you know is physically or emotionally threatened or harmed by a partner or a family member, ask your clinic, police, or church for help.



